

March Harvest of the Month Kale



Illustration by Whitney McDermott, City Schoolyard Garden, Charlottesville City Public Schools



Try Kale at Home!

Health and Nutrition

Kale is one of the most nutrient-packed foods on the planet!

The leaves of kale are edible and provide an excellent source of: Vitamin A, Vitamin C, Vitamin K, Calcium and Iron.

In addition to these beneficial nutrients, kale is rich in antioxidants, which have been shown to have anti-cancer and anti-inflammatory effects on the body.

Did YOU Know ?

Kale is in the Brassica family and its Latin name means 'cabbage of the vegetable garden without a head.' There are many varieties. Red Russian kale is the most tender, while Lacinato (or Dinosaur) kale feels almost like plastic between your fingers!

Reading Together
Check out
our featured book:
*Captain Kale and the
Superfoods*
by Amy Roth

